the taste takes you there!

Mango Nutrition

In addition to sumptuous tropical flavor, mangos deliver a host of nutrients and make healthy eating a delightful sensory experience. The Dietary Guidelines for Americans recommend that healthy adults consume 5 to 13 servings of fruits and vegetables every day (based on a daily consumption of 1,200 to 3,200 total calories). Why not make one of those a mango? The versatile mango is available year round and adds delicious flavor to a balanced diet.

Did You Know?

- Mangos are an excellent source of vitamins C and A, both important antioxidant nutrients. Vitamin C promotes healthy immune function and collagen formation. Vitamin A is important for vision and bone growth.
- Mangos are a good source of dietary fiber. Diets low in fat and high in fiber-containing grain products, fruits, and vegetables may be associated with a reduced risk of some types of cancer.
- Mangos contain over 20 different vitamins and minerals.
- Mangos scored 93 out of 100 on the recently introduced NuVal scoring system for overall nutritional quality. Click here for more information about the NuVal system.

Nutrition Facts

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Serving Size 1 cup, sliced (165g)
Servings Per Container

Amount Per Serving

Calories 100	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Sugars 22g	
Protein 1g	

Vitamin A 35% • Vitamin C 100%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

References

Perkins-Veazie, P.; Collins, J. Literature Search on the Nutritional Benefits of Mangos.

NuVal LLC, Nutritional Scoring System: www.nuval.com

We all know we should be eating more fruits and vegetables every day. Check out http://www.fruitsandveggiesmorematters.org/ for great tips and recipes to help your family eat more fruits and veggies. Because even a little bit more of the good stuff makes a difference!

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